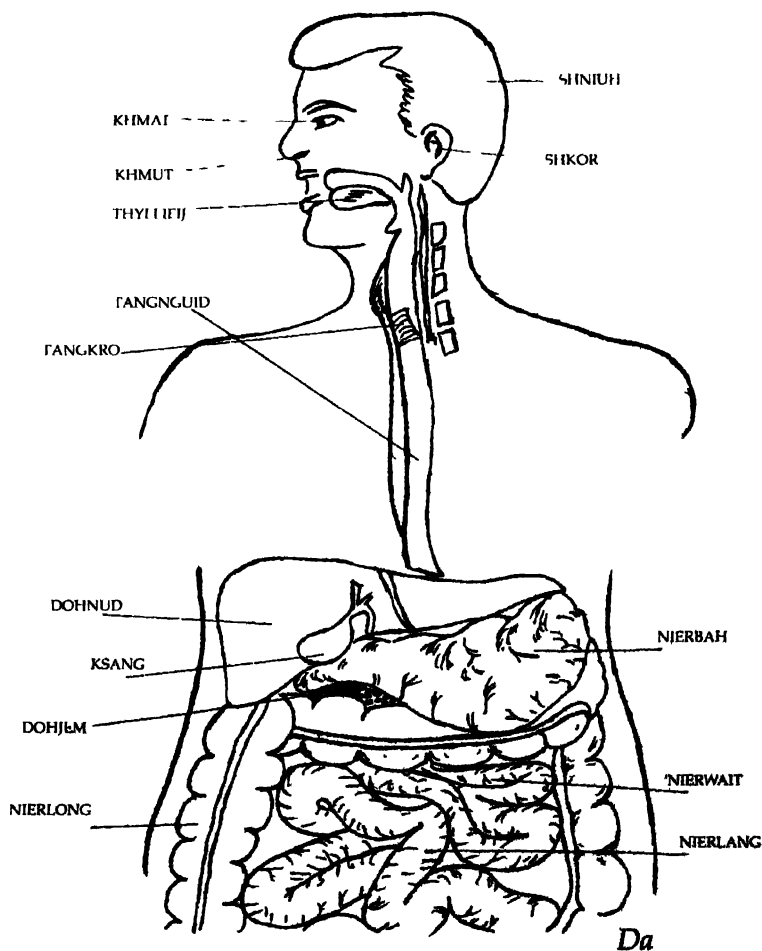


"la kane ka kot lapynmih kyrpang tang naka bynta ki
skul Lower Primary hapoh ka pyn aghalaya"

KA PAR JINGTIP SHAPHANG KA KOIT KA KHIAH

Ka kot Pule Hygiene Haka Khasi Naka bynta ki (Klass)
III Bad IV



u B. Kharkongor

SCHOOL SECTION

*This book is strictly prepared for the
Primary Schools of Meghalaya*

KA PAR JINGTIP SHAPHANG KA KOIT KA KHIAH

*(Ka kot Pule Hygiene Haka Khasi)
Naka Bynta ki (Klass)
III bad IV*

Da



U B.Kharkongor

Publisher

**R. S. BOOK STALL
Bara Bazar
Shillong, Meghalaya**

1st Edition : 2000

LAH BAN IOH NA

Khasi Book Stall
Room No. 38 Synod
Super Market, Main Road
Shillong - 793002

The Shillong Co-Operative
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Message

I have glanced through the Book "Ka Par Jingtup Shaphang Ka Koit Ka Khiah" a Text Book on Hygiene meant for Classes III and IV authored by Mr. B. Kharkongor and published by R.S. Book Stall, Shillong.

The book is well conceived and provides the basic knowledge on Hygiene. I find it quite suitable for use by students.


31/1/2008

T.H. Rangad
Minister
Home & Education

Ka Lamphrang

Ka jingkoit jingkhiah ka long ka tynrai jong ka jingim u briew. Khlem kane ka jait bynriew baroh kan jin da la long kaba duna haki bun ki liang, ka long iing long sem kan jin dala long kaba suhsat, bad kyrduh namar ba ym don ia ka jingkoit jingkhiah. U briew un ym lah ban trei ban ktah, ban leit ban wan ne leh ei ei. Ka ri bad ka jait bynriew kan ym lah ban kiew shaphrang namar katei ka daw. Kumta uwei pa uwei u donkam ia ka jingkoit jingkhiah khnang ba un lah ban iaid sha phrang.

Kumta la idei bad i donkam ba uwei pa uwei ne kawei pakawei ki dei ban don ia ka jingtip kumno ban nang ban wad ki lad ki lynti khnang ban long uba/kaba koit ba khiah.

Te la pyrshang ban thoh ia kane ka kot khnang ba ki khynnah kin lah ban tip bad leh kumno ban long bad ioh ia ka jingkoit jingkhiah.

Khatduh kan kan long kaba sngewnguh lada don ba kwah ban ai jingmut halor kane ka kot.

Dated Mawri
The 1st Jan. 2000

U Nongthoh,
B. Kharkongor,
Mawri

BYNIA III

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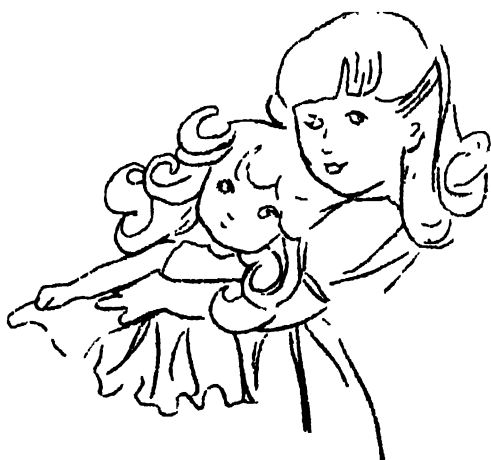
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BYNTA III

Lynnong 1

Kaei ka Haijin (Hygiene)

Haba shim kyllum, ka hygiene ka mut ka jingstad kaba iadei bad ka jingkoit jingkhiah. Ia kane lah ban leh da baroh lahaiing ne habar. Kumta ngi shem ba kane ka thew ne kdew baka dei ka tynrai ne nongrim jong ka jingkoit jingkhiah. Uwei pa uwei ne kawei pa kawei kilah ban leh ia kane, kata ka mut ka jingleh khuid khnang ban ioh ia ka met kaba shait kaba khlaiñ.



Kum ban shu ai nuksa, kaba sumar khuid iala ka met, kata dakaba sum man laka sngi, phong ki jaiñ kiba khuid, sumbha ia ka khlieh, ia u shñiuh, kaba sait khuid ia laki briat, sait bha ialaki kti ki kjat hadien bala dep trei ne wan shabar ne ia lehkai, kaba pynkhuid ia ka iing ka sem, ki tiar bam tiar

dih, tiar shet tiar tiew, kaba bam ki jingbam kiba bha bad ba ih, kaba kilan met, kaba thiah bad khie haka por kaba biang, kaba iada na ki jingpang dakaba shim dawai ne kiwei pat kilad iada ban ioh ia ka met kaba shait bakhlañ bad ba koit bakhiah.

Ki Jingpyrshang

1. Kaei ka hygiene?
2. Kiei ki lad ki lynti ban ioh ia ka jingkoit jingkhiah?
3. Kumno lah ban iada ialade naki jingpang babun jait ?

Lynnong 2

Katto katne ki lad ban ioh ia ka Jingkoit jingkhiah

Haka lynnong kaba la dep ngi la pule ba kumno ngi ioh ia ka jingkoit jingkhiah dakaba leh khuid iala ka met, ki dkhot met bad ia kiei kiba don sawdong jong ngi kynthup ia ka iing ka sem, ki tiar ki tar bad ia ki rud ki kiar jong ka iing jong ngi ne ki jaka sah jong ngi. Nangta ia ka rukom iaaid, rukom ieng, rukom shong (Posture) ruh ngi dei ban da phikir bha namar kane ruh ka wanlam ia ka jingkoit jingkhiah.

Kaba leh khuid ia ka met kalong ban sum man laka sngi, mynstep ne janmiet daka um kaba khuid bad ka sabon sum, bad nangta sañiad rkhiang daka jaiñ ñiad (towel) kaba khuid bha. Ngi dei ruh ban sait khuid ia laki kti ki kjat khamtam ngi dei ban khap lyngkot iaki tyrsim namar lada ngim leh kumta ki jakhlia kiba



sah kut hangto kin rung shapoh haka por ba ngi bam bad ngi lah ban ioh pang. Ki kjat khamtam ngi dei ban sait bha namar lada ngim sait bha ngi lah ban iohpang ne ki pylleng wieh ka lah ban rung lyngba ki pohjat jong ngi. Kumta ngi dei ban sait khuid bad phong ruh da ki juti ne slipar.

Ki khmat ruh dei ban sumar bha, bad haba bta khmat ruh ngi dei ban bta daka um kaba khuid bad iada ruh na u pum pum. Ka khmut ruh dei ban da sait khuid haka por ba ngi sum ne bta khmat.

Iaki bniat ruh dei ban da sait pynkhuid bha dakaba kyrjiaw da u brut bad ka dawai kyrjiaw bniat bad kynruh khuid da ka um.

Iaki shkhor ruh dei ban da sait khuid bha daka um bad daka sabon. Ia u shñiuh ruh dei ban sait khuid bha manla ka sngi daka um bad daka sabon sum.

Iaki jingbam ruh dei ban da phikir bha. Ngim dei ban bam ki jingbam kiba sah ne bym pat ih bha. Bam haka por kaba biang, bad bam ruh kat ban biang. Haba bam ruh bam suki bad ktha bha bad da kynruh ktien hadien balah dep bam.

Ka jingkilan met ne ialehkai ruh ka pynlong iangi kiba koit bakhiah krat bha. Thiah ruh haka por kaba biang bad khie ruh dangstep. Kitei haneng kilong katto katne ki lad kumno ban ioh ia ka jingkoit jingkhiah.

Ki Jingpyrshang

1. Kiei ki jingmlen kaba ngi dei ban leh man laka sngi ban ioh ia ka jingkoit jingkhiah ?
2. Ka jingleh khuid ia ka met ka kynthup iaei iaei ?
3. Kaei ka posture ?
4. Ki jingbam ki ai jingmyntoi aiu ia ngi ?

Lynnong 3

Ki Jingmien babha bad badonakor



Man laka step, tang mar iakhie thiah ngi dei ban bta khmat bad kyrjiaw bniat bad kynruh ktien. Ngì dei ruh ban ialehkai ne iaidkai khnang ban ioh ia ka lyer step kaba khuid. Haba ring mynsiem ruh, ring lyngba ki thliew khmut.

Bam jingbam ne dih jingdih naki pliang ne pela ne klat kiba khuid. Da thet ruh ia laki kti hadien bala dep bam, ne ialeh kai ne hadien bala wan shabar.

Pynkhuid bha ia laka iing, kitiar ki tar ne ki jaiñ ki nep. Sar khuid ia ki phyllaw ne sawdong jong ka iing. Wat ju theh ñiut ne jakhlia ha lane sawdong jong ka iing.

Wat ju mlien ruh ban ieh jrong ia ki tyrsim kti ne kjat. Wat ju mlien ruh ban daít ia laki tyrsim kti.

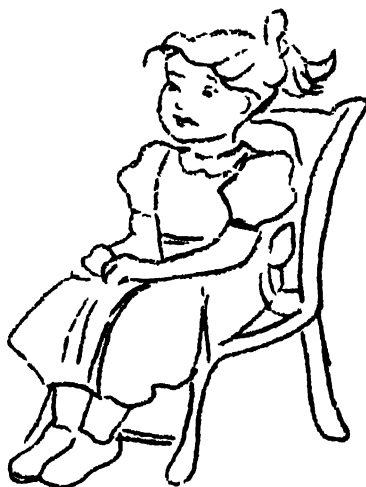
Sad itynnad ruh ia la u shñiuh. Lada phi lah ban bud pyrkhing ia kitei ki jingbthah khlem pep phin long kiba koit kiba khiah.

Ki Jing Pyrshang

1. Mar ia khie mynstep ngi dei ban leh aui ?
2. Haba bam jingbam ngin leh kumno ?
3. Iaki iing ki sem ne ki tiar ki tar ngin leh kumno ?
5. Balei ngim dei ban dait iala ki tyrsim kti ?

Lynnong 4

Kaba pynjahthait iala ka met



Man la uwei pauwei ne kawei pa kawei ka briew u ne ka don laka kam ban trei. Don kiba trei ophus, don kiba khaii, don kiba shong dukan, don kiba hikai skul ne don kiba bylla ne trei lyngkha. Mangi pat kum ki khynnah skul ngi leit skul. Te hadien ba ngi la wan phai nala ki kam ki kam, ngi sngewthait ka met ka phad. Kumta ngi shem ba ngi don kam ia ka jingpynjah thait. Ka jingpynjah thait iala ka met naki kam kiba ngi la trei baroh shisngi ka iarap ban pynioh biang ia ngi iaka bor trei (*energy*) haka met.

Ngi dei namarkata ban shong jah thait hadien ba ngi ladep trei ne ialekai. Kawei naki

jingpynjahthait ia laka met kalong ka jingthiah. Hynrei ka jingthiah miet palat ne thiah sngi palat kan ym ai bor hynrei ngin duh bor pynban, kumta ngin kynmaw ba ngi dei ban thiah ne khiethiah haka por kaba biang. Da kumta ngin sa ioh iaka met kaba koit kaba khiah.

Ki Jingpyrshang

1. Kiei ki kam kiba ngi ju trei manka sngi
2. Ngin leh aiu haba ngi thait ?
3. Balei ngi thiah ?
4. Kano kalad kaba bha tam, kaba ai bor jingkhlain biang ia ka met bala thait ?

Lynnong 5

Katto katne ki Aiñ Ban ioh ia ka jingkoit jingkhiah haka met

1. Kaba sumar ia ki bniat

Ki bniat ki long ki mashin tylliat jingbam ba nyngkong jong u briew. Haba ngi bam jingbam ki bniat ki iarap ban pynlwet ia ki jingbam ba ngi bam, shuwa ban poi shaka nierbah. Haka por ba ngi ktha ki jingbam jong ngi ha shyntur ki ia khleh lang bad um biah (*Saliva*) bad kane ka um ka iarap ia ki bniat ban pynlwet ia ki jingbam jong ngi hapoh shyntur. Kane ka umbiah ka mih naki kynja dohjem badon hapoh ka shyntur.

Kumta ngi shem ba ki bniat kilong shisha ki kor tylliat jingbam ba donkam tam haka met u briew. Ngi dei namarkata ban sumar bha ia ki bniat jong ngi khamtam ia ki dohbniat (gum) ngim dei ban pynmong ne dung daki dieng ne da kiwei pat ki tiar ba nep kum ki pin, thyrnia etc. Namar lada mong kine ki dohbniat ki lah ban pynsniew ne bam khñiang ia ki bniat.

Ka jingbam khñiang ia ki bniat kalah ban long ruh ba haba ngi bam jingbam, ki lyngkhot jingbam ki sah kut haki bniat bad ki pyut noh, bad kine hi ki jingbam basah kut haki bniat ki pynpyut kylla fa ki bniat. Kumta ngi dei ban sumar khuid daka ba

kynruh ia la ka shyn tur hadien ba ngi la bamja, dih sha ne bam ei ei.

Ngi dei ban pynkhuid ia ki bniat jong ngi dakaba kyrjiaw ia ki bniat da u brut shut bniat bad ka dawai shut bniat man laka step bad shuwa ban leit thiah mynmiet. Ka jingshut bniat mynmiet ka iarap bha ban lait na ki jingbam khñiang ki bniat namar mynsngi ngi bam jingbam ngi, kren, ngi rwai etc. kumta ki khñiang jingpang kim ioh lad ban pynsniew ia ki bniat, hynrei mynmiet haka por ba ngi thiah ka shyntur jong ngi ruh ka shongthait, kumta ki khñiang jingpang ki ioh lad ban pynsniew ia ki bniat. Te hynrei lada ngi shut bad pynkhuid bha ia la ki bniat ki khñiang kin ym ioh lad ban pynjot ia ki bniat jong ngi.

Kiar ruh naki jingbam thiang palat, ioh sniew ki bniat, ne wat ju shut bniat da u snep kwai ne kynja ba eh ioh mong ki doh bniat bad sniew ei ki bniat. Bam ki kynja soh, kham tam u kajor. Une u iarap ban pynskhem ia ki bniat.

2. Kaba sumar ia ka snieh doh

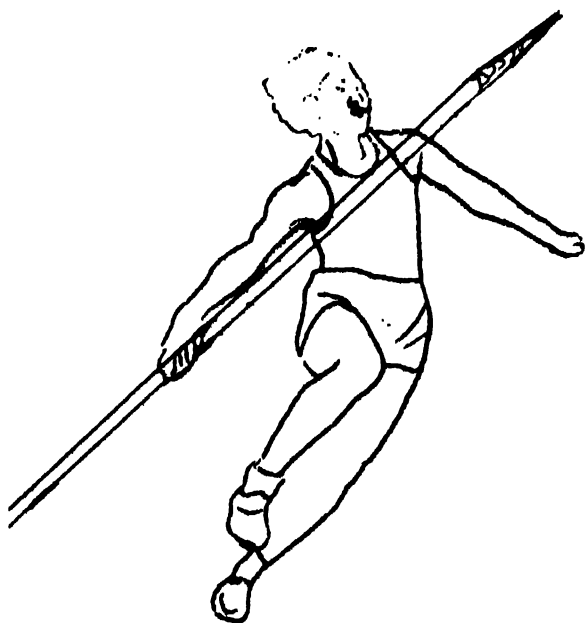
Ka snieh doh kalong kum ka jingsop ia ka met ka jong ngi. Ka long kabastang bad kane ka da ia ia ka met ka jong ngi na shalor. Kane ka snieh doh ka iarap ia ngi ban sngew haba don ba ktah, shoh, ba khriat ne haba shit. Khamtam eh kane ka sniehdoh ka iarap ia ngi ban bat ia ka jingshit' jingkhriat ha ka met kajong ngi. Ka iada ruh ia ngi naka jingshit ne jingkhriat palat.



Ia kane ka snieh ka jong ngi dei ban sumar khuid dakaba sum man laka sngi daka um bad ka sabon, namarba lyngba kane ka snieh doh ka mih ka syep bad ka kynja khleiñ bad kine ki iarap ban bat ia ki jakhlia kum ki pum pum khyndew ne wat ia ki khñiang jingpang (Bacteria). Haba ngim lehkhuid ia ka snieh doh, kine ki jakhlia ne khñiang jingpang ki thaw jingpang kum u ñiangdait, u ñiangshit, ukhaid bad kiwei. Shuh shuh hakane ka sniehdoh don ki thliew syep (*pores*) kiba rit bha hakaba ka syep bakhleh um mluh bad kiwei ki jakhlia ki mih lyngbakine ki thliew. Kumta lada ngim sum khuid kine ki thliew ki set noh bad ki jakhlia, haka dur jong ka um kim iohlad satia ban mih noh naka met u briew. Kumta ngi saioh bun jait ki jingpang. Namarkata dei ban sum man laka por bad bujli ruh man la ka por ia ki jaiñ ba ngi phong khamtam ki jaiñ poh.

3. Ka Jingleh kai bad ka Jingkilanmet

Baroh ngi tip balada ym don jingialehkai ngi long kum ki bieij. Kumta, ban ioh ia ka met kaba koit bakhiah ngi donkam ban ialehkai bad kilan met man laka step. Kane ka iarap ban tei ia bun bah ki bynta ne dkhot met. Ka pynlong ruh ia ngi ban long kiba smat kiba sting. Ngi lah ban iamareh, iaid, skip, ialehbol, jngi ne kiwei patki rukom ban ioh ia ka jingkoit jingkhiah.



Ngi dei ruh ban kynmaw ba haba ngi iaid, shong ne ieng (Posture) ngi dei ban leh haka rukom kaba dei. Lada ngi leh hakane ka rukom ka met jong ngi kan long kaba shait kaba khlaia. Ka jingphikir haka rukom iaid, ieng ne shong ka iada ruh naka jingpang met ne pangiap shiliang.

4. Ka rukom bam ka rukom dih

Ka jingkoit jingkhiah ka met ka wan ymtang ba ngi sumar khuid ia ka met ne kiei kiei kiba don sawdong jong ngi hynrei ka wan ruh naka rukom bam rukom dih. Kane ka bynta ka long kaba donkam bha laha sor ne nongkyndong.

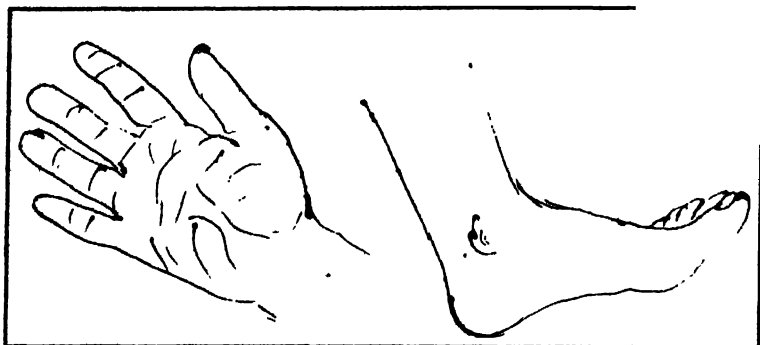


Kynmaw borabor ban bam ki jingbam kiba la ih bha, ban daktha bha haba bam. Kynmaw ruh ban da thet kti shuwa bam bam jingbam, bam ruh ki jingbam kiba khuid, ban haka por kaba biang bad bam donakor.

Ym dei ban bam ki jingbam kiba la tam ne sahmiat. Ymdei ruh ban bam pih ne duna, ymdei ruh ban bam jingbam naka pliang ne dih naka klat jong kito kiba don jingpang iabit. Ymdei ruh ban dih um haba dang bamja.

5. Ki kti ki kjat

Ki kti ki kjat ki long ki atiar kiba kongsantam haka met u briew. Khlem ki kti ngim lah ban treif



ban ktah, ban thoh ban tar, ban bam ban dih, ban shet ban tiew, lane ban leh ei ei. Khlem ki kjat ruh ngim lah ban iaide ban ieng ne ialehkai, kumta ngi shem ba kine ki dkhot met kilong kiba kongsan tam, te ngi dei ban sumar bha ia ki haba trei ba ktah ne ialehkai.

Ki tyrsim kti bad tyrsim kjat ruh ki dei ban long kiba khuid bad ba suba. Ki tyrsim ngi dei borabor ban khap lyngkot. Lada ngi ieh jrong ia ki, ki jakhlia kin sah kut hangto, haba ngi trei ngi ktah ne ialehkai. Kumta haba ngi bam jingbam, kijakhlia kiba don haki tyrsim kti kin rung sha kpoh bad ngi lah ban ioh pang kpoh ne kiwei pat ki jingpang. Kumta ngin kynmaw ba ki tyrsim kti tyrsim kjat kidei ban long borabor kiba khuid bad kiba lyngkot.

6. Ki rukom jied ia ki jingbam kiba tei iaka met.

Ki jingbam ruh ki long ki bynta ba kongsan tam naka bynta u briew. Lada khlem ki jingbam baroh ki jingthaw ba im kin iap lut. Kumta ki jingbam ki long ka jingim jong ngi.

Lada ngim ioh bam wat tang shisngi ruh ngi sngewtlot bad ngin ym lah ban leh ei ei ruh, kumta ngi shem ba ka jingbam ka ai bor bad ka pynlong ruh ia ngi ban heh ban san. Hakajuh ka por ruh ki jingbam kiba bha ki pynlong ruh ia ngi ban long kiba koit bakhiah. Ki jingbam kiba bha ki tei ruh ruh ia ki doh ksah bad pynkhlañ ia ki shyieng. Ki jingbam kum ka doh, pylleng, ka dohkha, ka dud bad kiwei ki tei ia ka met jong ngi. Ki don ruh ki jingbam kiba ai bor (energy) ia ngi. Kita ki long kum ka umphniang bam, ka makhon, ka khi bad kiwei. Ki kynja khleiñ pat ki iarap ruh ia ka met jong ngi ba kan khluit kham tam haka por tlang bakhriat.

Iaki jingbam ba ngi bam manla ka sngi la bynta haki hynriew bynta. Kita ki long, ka protein, carbohydrates. Ka khleiñ (fat) ki Vitamin, ki kynja mluh nar (Minerals salts) bad ka um.

Ki jingbam kum ka dud, doh, dohkha, pylleng, u motor, bad ki sothad ne tyrkhong ki don iaka proteins.

Ki jingbam kum ka shini, u khaw, u phan, u kew ki don ia ka carbohydrates.

Ki jingbam kum ka umphniang bam, ka khi, ka umphniang shana budam ki don ia ka khleiñ (fats)

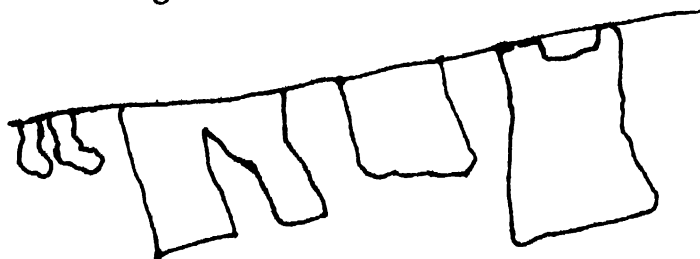
Ki jingbam kum ki kynja jhur sla, ki jhur im, ki soh ki don ia ki vitamin.

Ki jingbam kum ki jhur, ka dud makhon, ki soh ki don ia ka mluh nar (Mineral salts).

Ka um pat kalong kaba donkam ia ka met u briew. Ka um iarap ruh ban sam ia ki jingbam haki bynta bapher bapher jong ka met ubriew bad ka iarap ruh ban pyllait ia ka met ubriew naka jingtyrkhong.

7. Ka lyer

Khlem ka lyer u briew un iap shisyndon. Baroh ki jingthaw baim ki donkam iaka lyer. Ngi baroh ngi im dakaba ring mynsiem ia ka lyer khuid ne ka oksijen (*oxygen*) ka lyer okisigen ka iarap ruh ban thang ia ki khñiang jingpang haka met ubriew. Ka iarap ruh ban pynrkhiang ia ki jaiñ jhieh ne ban meh ka ding.



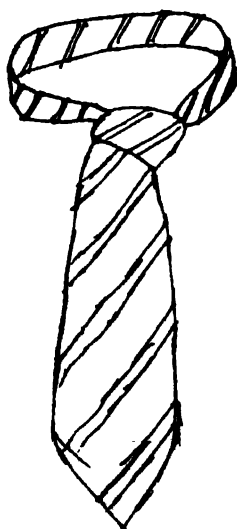
Ka lyer jakhlia ka wan rah iaka jingsma bad iaki khniang jingpang. Kumta ngi dei ban phikir bad leh khuid khnang ban ioh iaka lyer kaba khuid ba ngin ioh ia ka jingkoit jingkhiah.

Ki Jingpyrshang

1. Ki bniat ki iarap ai u iangi ?
2. Ka umbiah ka mih naei bad ka iarap ai u ia ngi ?
3. Kumno ngin sumar ia ki bniat ?

4. Balei ngi dei ban kynruh ktien hadien bala dep bam?
5. Balei ngi shut bniat shuwa ban leit thiah mynmiet?
6. Ka snieh jong ngi ka iarap aiu ia ngi?
7. Balei ngi dei ban sumar khuid ia ka snieh doh jong ngi?
8. Don aiu haka sniehdoh jong ngi?
9. Balei ngi dei ban ialehkai?
10. Balei ngi dei ban kilan met?
11. Balei ngi thet kti shuwa ban bam?
12. Ki jingbam ki ai jingmyntoi aiu ia ngi?
13. Ki kti ki kjat ki iarap aiu ia ngi?
14. Balei ngi dei ban ot lyngkot ia ki tyrsim kti?
15. Iaki jingbam la bynta haki katno bynta? Jer kyrteng ia ki.
16. Ka um ka ai jingmyntoi aiu ia ngi?
17. Ka Carbohydrates ka don haki jingbam aiu?
18. Nangno ngi ioh ia ki vitamin?
19. Haki jingbam aiu don ka mluh nar?
20. Hangno ngin shem ia ka protein.
21. Balei ngi don kam ia ka lyer?
22. Ka oksijen ka iarap aiu ia ngi?

23. Ka lyer jakhlia ka pynmynsaw kumno ia ngi ?
Ai rong ia kine ki dur harum bad da jer kyrteng.



Lynnong 6

Katto katne ki jingpang bad ki daw jong ki

1. Ka Jingpang pynhiar (Diarhoea)

Ka pang pynhiar ka long ka jingpang kaba shait kham jia khah khah. Haba ioh iakane ka jingpang ubriew uleit khyndew da kaum suda bad bunsien. Kane kalah ban dei naka daw jong ka jingbam ba ngi bam ne kiwei pat ki daw. Kalah ruh ban long ba ngi bam than, ne bym lah tylliat kakkpoh ne kadaw ba ngim sait khuid ia ki jingbam ba ngi bam. Haba ioh iakane ka jingpang, ka pynlong ia u briew ban duna ka um haka met naka daw jong ka jingleit khyndew bun sien daka um.

Ban iada nakane ka jingpang kalong ba ngi dei ban kynmaw nyngkong eh ban da shet pynthnam iaka umdih la kumno kumno arphew minit ne tam. Ngi dei ruh ban bam ki jingbam kiba bha, bakhuid bad ba la ih bha. Ki jingbam kiba lah sah, ki jhur sla im ne bympat ih bha dei ban kiar shisyndon. Ka um sohjew, ka mluh shi shyit bad ka um ngap ruh ka iarap haba ioh iakane ka jingpang.

2. Ka Pang suh ot (Dysentary)

Ka Suh ot ruh ka ia syriem iaka pang pynhiar tangba ka suh ot ka pynlong ia u briew ban pang ka kpoh, khlehnam bad kum ka kynja eit mut haba leit bar. Nangta ka don ruh ka jingshit haka met

haba ioh iaka pang suh ot. Kumta ubriew uba ioh ia kane ka jingpang utlot bha bad teng teng ka jia ruh ka jingiap lada ym ioh jingsumar.

Ka daw jong kane ka jingpang kalong ba ngi dih ia ka um khlem dashet pynthnam ne ka lah ban dei naki jingbam balah sniew bad sah bun sngi bun miet. Kawei pat ka daw kalong haka um lyngba ka jingleit bar pathar ha madan madiyah khlem da tep bha, namar ka lyer ne ki skaiñ ki kit ia kine ki khñiang jingpang bad ngi ioh pang. Kumta haba don ba pang suh ot ha iing jong-no jongno ngi dei ban sumar bha. Bad ruh ngi dei ban leit pyni bak bak sha ki doktor ban ioh iaka jingsumar kaba biang.

3. Ka Pangshit (Influenza)

Ka pangshit ruh ka shait kham jia khah khah. Kane ruh ka dei ka jingpang iabit. Haba ioh ia kane ka jingpang kadon ka jingshit kaba jur, pang ne set ryndang, kaktah ruh ia ki tor bad lah ruh ban ioh jyrhoh. Kane ka jingpang malu mala kaneh 6 haduh 7 sngi ne tam.

Haba ioh iakane ka jingpang dei ban leit bran bran sha ki doktor ban ioh jingsumar khnang bakan ym iabit bad kiwei pat kiba koit ba khiah.

4. Ka jingpang don wieh

Khambun naki bapang daka jingdon jong u wieh ki long ki khunlung. Bad kane ka jingpang kalah ban long ne don wat haki rangbah ruh. Haba don wieh, ka kpoh kam lah tylliat, don jingshit, malu

mala, dait ki thliew khmut, dait ka jaka leit khyndew (anus) bad teng teng pynjhieh ha jingthiah (bed wetting).

Bunsien ngi ioh ia kane ka jingpang dakaba bam ia ki kynja jhur bakhlem sait bha ne ba don ki pylleng wieh, ka jingleh sih ne dih ka um jakhlia, ka jingiaid daka kjat suda khlem juti ka ai lad ia ki pylleng wieh ban rung naki poh jat. Kumta ngi dei ban sumar na kane ruh khnang ba ngin ioh iaka jingkoit jingkhiah haka met.

Iaki wieh kiba don haka kpoh jong ngi lah ban pyniap dakaba dih dawai wieh man laka snem. Ka jingleh khuid ka iada naka jingboi wieh haka kpoh.

Ki Jingpyrshong

1. Kaei ka pang Pynhiar ?
2. Kaei ka daw jong ka jingpang pynhiar ?
3. Kumno ngin iada nakane ka jingpang ?
4. Ki ei ki dak ki shin (Symptoms) jong ka jingpang suh ot ?
5. Kumno ngin iada na kane ka jingpang ?
6. Kaei ka pangshit ne ka phlu ?
7. Kiei ki dak jong kane ka jingpang ?
8. Haba don wieh, ka pynlong kumno ia u briew.
9. Kumno yn iada na ki wieh ?
10. Kiei ki daw kiba pynlong ia ka jingdon wieh ?

Lynnong 7

Ki Jingpang lyngba ka um **(*water borne diseases*)**

Ka um kumba ngi tip baroh kalong kaba ai jingmyntoi shibun eh ia u briew. Khlem ka um yn ym don balah ban im. Hynrei lyngba ka jingbym phikir ka jong ngi, ngi ioh shibun ki jingpang lyngba ka um. Katto katne naki ki long, ka suh ot, pynhiar, ka jingpangshit kaba jur kaba ktah ia ka khlieh bad ka cholera ne ka khlam.

Tangba ngin kynmaw ba ia kine ki jingpang ngi lah ban iada daka ba phikir ia ka um dih, ki jingbam, ki jaka leitbar, bad da kaba ai injek iada (Immunization).

Ia ka jingpang typhoid la pynlong da ki khñiang jingpang taiphi (typhi), kine ki khñiang ki shong haki jakhlia jong ka paiñkhana, ka snam, ka umpynjhieh, bad haki jingbam ba la boi daki skaiñ kit jingpang. Kine ki khñiang ki pynioh pang ia u briew lyngba ka um. Kane ka jingpang ka pynlong ia u briew ban shit, bad kane ka jingpang kaneh haduh 5 ne 6 taiew.

Ka jingpang Cholera ne ka khlam kumba ong kalong ka jingpang kaba la pynlong daki khñiang jingpang kaba ki khot ki bakteria (bacteria). U briew uba ioh ia kane ka jingpang upynhiar bad u prie. Ka jingleit khyndew ruh kalong lieh kum ka um

sait khaw. Haba ioh ia kane ka jingpang dei ban leit wut wut sha aspata.

Kumta ngi shem ba ka um kaba jakhlia ka wan rah shibun ki jingpang lada ngim sumar bha. Te kumta to long kiba leh khuid ha shnong hathaw khnang ban lait na ki jingpang ba bun jait.

Ki Jingpyrshang

1. Ka um ka pyniohpang ne em ia ngi ?
2. Balei ngi ioh pang na ka um ?
3. Kumno la pynlong ia ka jingpang typhoid ?
4. U briew uba pang khlam ne ioh ia ka cholera u long kumno ?
5. Kumno ngin iada na kine ki jingpang ?

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BYNTA IV

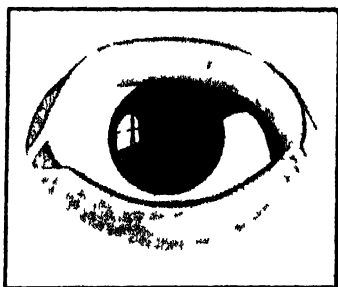
Lynnong 1

Kaba sumar ia kibynta bapher bapher jong ka met jong ngi

1. Ki khmat

Ki khmat ki long ki iit khmih jong ka met u briew. Khlem ki khmat ngin long ki briew kiba sniew bok tam haka pyrthei, namar ngin ym lah ban iohi, ban peit, ne ban leh ei ei ruh. Kumta ki khmat ki dawa iaka jingsumar kaba kyrpang.

Haneng bad harum jong ki khmat ngi don ki shñiuh khmat bad kine ki iarap bad iada ia ki khmat ban lait naki jaboh kum upum pum bad kiwei ki jakhlia kiba don haka haw haw. Kumta lada ngim



sumar bha iala ki khmat, ki khmat jong ngi ki lah ban sniew bad ngi lah ruh ban matlah shisyndon.

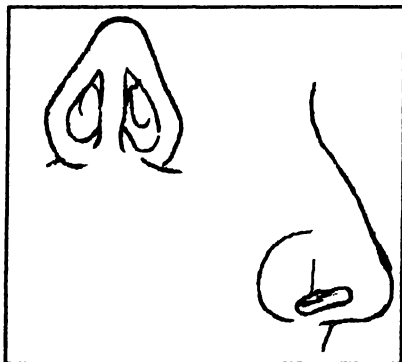
Ngi dei borabor ban sumar ia ki khmat. Sait manla ka sngi ia ki khmat daka um kaba khuid haba bta khmat ne sum. Shuwa ban thiah lada lah, ngi dei ban sait ia la ki khmat, namar ka jingsait ia ki khmat daka um ka pynkhuid ia ki pum pum, ki jakhlia kiba don hapoh ka khmat. Haba ñiad khmat ruh, ñiad daka jaiñ kaba khuid. Wat ju ñiad khmat

daki jaiñ jakhlia namar kine ki lah ban pynioh pang ia ki khmat. Ki jingtah khmat ne ki jingsleh iwbihi iaka dur khmat ki lah ban pynsniew ia ki khmat lada ki ioh rung haki khmat. Haba pang khmat ym dei bantah daki dawai ba shu thied hi na iew, hynrei pyni ne wad jingiarap naki doktor khmat, wat ju peit pyrshah ia ki kynja ding ba thaba palat, ne ialeh kai daki kynja banep ioh mynsaw. Bam barabor ki kynja jhur sla jyingam kum u salad (spinach) kum ki soh kynphor (papaya) ki sohpieng namar kine ki don bun ia ka bitamin A. kaba long bad iarap bha ia ki khmat jong ngi. Kitei ki jingbam ki iada ruh naka jingpang byrie (night blindness).

2. Ka khmut

Ka khmut ka long bynta kaba kongsan hakaba ring mynsiem. Lada khlem ka knmut ngin ymlah ban ring mynsiem. Ka khmut ka iarap ruh ia ngi ban sma.

Ha ki bynta ba shapoh jong ka khmut don ki kynja shñiuh. Kine ki shñiuh ki iarap ban bat noh ia ki pum pum haba ring mynsiem khnang ba ki



jakhlia kin ym rung sha ki tor (lungs) kumta haba bta khmat mynstep ngi dei ban dasait bha daka um.

Teng teng ngi ju shem ba ju mih nam sohmüt. Haba long kumne ngi dei shi syndon ban thiah lyndang bad buh da ka jaiñ sngem ha shyllangmat. Ka jingmih namsohmüt, kalong ba haba ngi shah sngi than, ne tyngdung daki shympriah kti, ba ngi sur eitmut than haba baiong khlieh.

3. Ka Shkor

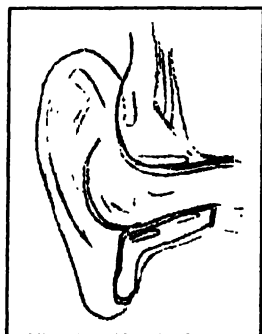
Ka shkor kalong kawei pat ka bynta bakong-san haka met jong ngi. Lyngba ka shkor ngi lah ban sngew. Haba kasur na shabar ka iaïd lyngba ka thliew skhor ka rung shaduh ki bynta ba hapdeng jong ka shkor. Nangta ka sa poi sha ka jabieng lyngba ki thied (Nerve). Ka jabieng ka sa batai (interpret) laka dei kasur jong ka sim ne ka kali. Kumta ngi dei ban sumar bha ia ka shkor ka jong ngi bakan lait naki jingmong ne jingmysaw.

Haba don eitkor (earwax) ym dei ban dung ne khlong don u pin, klip ne u dieng jingpruid. Kane ka jingleh kalah ban pynmong ia ki thliew skhor ne pynjot syndon ia ka ksing shkor (eardrum). Teng teng ngi sngew kumba dait shapoh thliew skhor, ka daw kalong ba ka eitkor ka la eh. Ta ngi dei ban pynjaw daka umphniang bam, ne kliserin (glycerine) nangta sa pyrshang pynkhuid suki daki dieng rit bala sop da u kynphad. Lada ymlah leit sha u doktor.

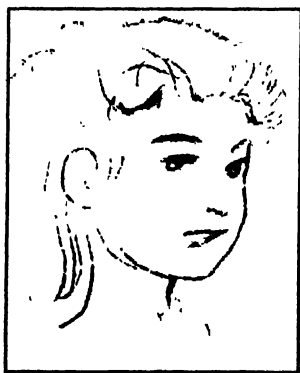
4. U Shñiuh

Lada u briew u bymdon shñiuh u shong ne iaïd lang bad ngi ngi ong u synlen bad ngi rkhe

beiñ. Kumta ka jingdon u shñiuh ka pynlong ia ngi uba ne kaba bhabriew. Kumta ngi shem ba u shñiuh ymtang ba upynitynnad hynrei uai jingsyaid bad iada ruh naka jingshit jing-khriat ia ka khlieh. Ka jing bym sumar khuid ia u shñiuh ka wan rah shibun ki jingpang kum ka prum, U khaid, jinghapshñiuh. boi ksi.



U shñiuh usan man laka sngi haka jingjrong. Kumta ngi lah ban ong ba u dei ukynja badon



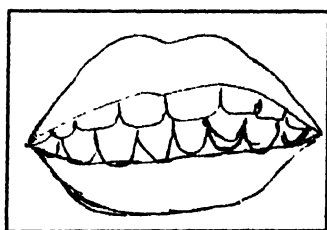
jingim (living thing) Hynrei haba khap shñiuh pat ngi shem ba ngim pang ne mih snam, kumta ngi shem ba u long ubym don jingim (non living thing) Hynrei haka jingshisha ia u shñiuh la pynlong daki kynja met (substance) baki khot kera-tin. Lyngba kane ka jinglong u shñiuh u sdang ban jrong.

U shñiuh haka jingshisha u san ha trai ym kum ha u jingthung usan ha kliar. U shñiuh jong ngi baroh u iong namar ha u shñiuh don ka kynja met kaba iong kaba ki khot ka melanin. Ka jingbun ñiuh lieh kloï ne ynda la tymmen ne ka jingsaw u shñiuh kalong baduna eh katei ka melanin.

Kumta ngi dei ban sumar bha ia ki shñiuh dakaba sum man laka sngi daka um bad ka sabon. Haba sum dei ban sum pynkhuid ia kakhlieh bad ia ka sabon da ka um. Kumta ngin lait naka jingbun thyllieij ne ksi.

5. Ki bniat

Ki bniat ki ba khlaiñ bad kiba bha ki iarap ban ktha bha ia ki jingbam ba ngi bam manla ka sngi. Ki bniat ym tang ba ki iarap bad ktha jingbam hynrei ki pynitynnad ruh ia ngi. Kumta ka jing sumar ia ki bniat kalong kaba donkam haduh katta katta.



Ngi dei ban kiar naka ba bam thiang palat. Ka jingbam thiang palat ka ialam sha ka jingbam khñiang ki bniat. Haba bam khñiang ki bniat ngin ym lah shuh ban ktha jingbam bad suki ki bniat baroh kin hap lut.

Borabor dei sait pynkhuid ia ki bniat hadien bala dep bam jingbam khnang ba ki jingbam kin ym sahkut haki bniat. Hikai ruh ban shut bniat mar iakhie mynstep bad shuwa ban leit thiah mynmiet. Borabor pyndonkam da u brut uba jem. Haba sngewpang ki dohbniat, kynruh daka ummluh. Bam ki jingbam kum u sohñiamtra, usohjew, u sohsaw, kapylleng, kadoh. Kine kin iarap ban pynkhlaiñ ia ki bniat.

Ki Jingpynshang

1. Kiei ki khmat? Ki ai jingmyntoi aiu ia ngi?
2. Haneng bad harum khmat don aiu? Kine ki iarap kumno ia ngi?
3. Kumno ngin sumar ia ki khmat? Batai katba phi tip.
4. Kaei ka khmut? Ka iarap kumno ia ngi?
5. Balei ngi ju mih nam sohmud? Kumno ngin sumar ia ki?
6. Kaei ka shkor? Ka iarap aiu ia ngi? Balei ngi iohsngew bad kumno ngi iohsngew? Batai
7. Kumno ngin sumar ia ka shkor?
8. Balei ngi don shñiuh? U ai jingmyntoi aiu ia ngi?
9. Balei bad kumno u shñiuh u san?
10. Balei u shñiuh u iong, ulieh bad lam byrsaw?
11. Ki bniat ki iarap aiu iangi?
12. Kumno ngin sumar ia ki bniat?
13. Batai, ki mut aiu kine harum:-
Ki tor, byrie, ki thied, eitkor, keratin, melanin.

Lynnong 2

Ka um

Ka um kumba ngi tip ka long ka tynrai jong ka jingim lait naka lyer, ka jingbam bad kiwei. Baroh ki kynja ba im ki donkam iaka um. Ka um ka ai jingmyntoi shibun eh ia ngi. Lyngba ka um ngi shet jingshet, ki sait jaiñ sait nep, ngi sum ngi sleh, ngi khlieng ngi sait bad ngi leh bun kiwei pat ki jait kam lyngba ka um.



Kum lai bynta naka saw bynta jong ka pyrthei latap daka um. Ha ka met u briew ka um ka don hynriew phew san naka shispah. Kumta ka um lada ka duna palat ubriew ulah ban iap. Kumta ngi dei ban dih tista ia ka um man laka por.

Iaka um la ioh naka wah, duriaw, uslap, pung bad ki umpohliew. Hynrei ngin kynmaw ba kine ki um ki long ki bym bha ban dih namar haki don bun ki khñiang jingpang. Kumta ngi dei ban shet bha ia ka um la kumno kumno arphew minit shuwa ban dih.

Kaba dih kulmar ia ka um kat naba ioh kalah ban pynioh pang kpoh ia ngi, kum ka pynhiar, prie, suh ot bad kiwei. Te kumta ngi dei ban sumar khuid ia ka um kaba don sawdong jong ngi. Ym

dei ban bret jakhlia ne leit bar harud wah. Lada lap badon baleh kumta mano re mano ngi dei ban mana shishyndon.

Jingpyrshang

1. Ka um ka ai jingmyntoi aiu ia ngi? Balei ngi dei ban leh khuid ia ka um?
2. Nangno ngi ioh ia ka um? Kumno ngin leh khuid ia ka um?

Lynnong 3

Ki jingbam ba tei ia ka met bad kiba ai jingkoit jingkhiah

Baroh ngi donkam ia ka jingbam. La ngi bam khyndiat ne shibun, kashong kat kum ka bor jong ngi kata haka rta, jinglong kynthai shynrang (sex) ka jingheh jingsan bad kat kum ka kam kaba ngi trei. Ki jingbam kiba bha ki iarap iangi ban heh ban san bha, ban trei ban ktah, bad ban long kiba shait kiba khlañ bha. Kumta, ngi ioh shibun ki jingpang lane ngi tlot kabor met naka daw ba ngim bam ki jingbam kiba bha ne ba ngim lah ban bam bha ia ki jingbam jong ngi.

Man laka jait bynriew haki ri jong ka pyrthei ki don ka jingbam kaba kham kongsan haman ba ki bam jingbam. Kane kalah ban long naka jinglong jong ka mariang kata kalah ban long, ka ja, ata, u riewhadem, u krai (millet) u phan, ka kait. Kane ka jingbam bakongsan kalong baki bam ha man laka por ba ki bam jingbam.

Hynrei tang ka jingbam kaba kongsan kam lah ban pynlong ia u briew uba koit uba khiah: Donkam shuh saki jingbam ia rap (helper foods) kumban ai nuksa ngi hangne hari Khasi, nalor ka ja ngi bam ka doh, dohkha, pylleng, jhur. Kine baroh ki pynlong ia ngi kiba koit ba khiah bad ai bor bad iarap ban heh ban san. Lada ngi bam tang ka ja suda ngi tip

skhem ba ngin ym ioh bor ne ngin ym lah hi ruh ban bam. Kumta ngi sngewthuh shai ba ka ba bam ia ki jingbam kiba pher bapher ki ai bor ia ngi. Hakajuh ka por ngi dei ruh ban kynmaw ba ngi dei ban bam haka por ka ba biang bad ban bam katban biang kata ban ym duna than.

Ban long kiba koit kiba khiah bad kiba shait kiba khlaiñ, ka met jong ngi ka donkam ia ki jingbam kiba bha bad kiba tei iaka met ka jong ngi. Ka jingbam kaba ngi bam ka dei ban pyndap ia ki jingdonkam haka met jong ngi. Ki jingbam ba ngi bam ki dei ban iarap ban ai bor (energy) bangin longkiba smat bad khlaiñ. Ki dei ruh ban iarap ban tei, maramot bad iada iaki bynta bapher bapher jong ka met jong ngi. Ban ioh ia kitei ki jingdawa ngi dei ban bam ki jingbam khleh man laka sngi. Man la kasngi ba ngi bam ngi dei ruh ban tip ban bam ia ki jingbam kiba - ai bor, iarap ban heh ban san bad tei iaka met, kiba ai bor shuh shuh (extra energy) bad kiba iada naki jingpang.

1. Ki Jingbam kiba ai bor (Energy)

Ki jingbam kiba ai bor kidei kito ki jingbam kiba kongsan kiba ngi ju bam man laka sngi. Ki long kum ka dieng ia ka ding. Katba u briew utrei shitom katta udonkam ia ki jingbam kiba ai bor ia u. Hynrei tang ka jingbam kaba ai bor (energy) kam pat biang lynda ioh ia kiwei pat ki jingbam kiba ai sa kiwei pat ki bor, lymkumta ka met jong ngi kan long kaba tlot. Katto katne naki jingbam kiba kham kongsan kiba ai ia ka bor trei ki long u ukhaw, u

kew, u riew hadem, uphan, uphankaro, kakait bad kiwei kiwei. Kine ki jingbam ki don iaka protein, kanar (iron) bad ki kynja dawai ba ai bor, pynkhlaif bad pynkoit pynkhiah (vitamin).

2. Ki Jingbam kiba iarap ban heh ban san bad tei iaka met

Ka jingbam kiba tei ia ka met lakhot ruh ki protein. Kine ki iarap ban heh ban san bha, pynkhlaif bad tei ia ki dohksah bad ia ka jabieng. Ki iarap ruh ban tei ia ka met bad ialeh pyrshah ia ki jingpang bad maramot ia ki bynta bapher bapher jong ka met. Kumta ban long kiba shait kiba khlaif dei ban bam ia ki jingbam kiba don ia ka protein man laka sngi.

Ki jingbam ba mih naki mrad kum ka dud, ka doh kha, ka makhon, khi ki don bun ia ka protein. Ki jhur pat ki kynthup ia u motor, u rymbaija, u shana budam (groundnut) bad ki jhur jyrngam ruh ki don bun ia ka protein.

3. Ki Jingbam kiba ai bor shuh shuh (extra energy)

Ka khleif bad ki kynja shini la nŭew ba ki long kiba bat ia ka bor (energy). Ka met jong ngi ka pynkylla iaka khleif shaka shini haba ka met kala duna ne donkam ia ka bor trei. Kumta manlaka sngi donkam ruh ban bam ia ki jingbam kiba don ia ka khleif kum ka umphniang, makhon, khi ne ka khleif doh, ka ngap bad kiwei kiwei de.

4. **Ki Jingbam kiba iada ne kiba ialeh pyrshah ia ki jingpang**

Lada ngim bam ki jingbam kiba don ia ki vitamin ngi lah ban ioh pang. Ki vitamin ki long ki jingbam iada. Kine ki iada ia ka met ka jong ngi na ki jingpang. Ki iarap ruh ia ka met ka jong ngi ba kin trei kam bha. Ki mineral ne ki kynja maw ba don hapoh ka sla khyndew ki iarap ban pynlong ia ka snam jong ngi kaba koit kaba khiah bad ka tei ia ki shyieng bad iaki bniat ruh kumjuh.

Katto katne ki jingbam kiba don iaka vitamin ki long ki kynja jhur jyrngam baroh, usalad (spinach) u kojor, upathaw stem, usohsaw bad kiwei. Ki soh jew, soh-ñiamtra, soh kynphor, kadoh, pylleng, kadud, ka dohkha ruh ki dei kiba don ia ka vitamin.

Kumta, ngi shem ba ki jingbam kiba ngi bam man laka sngi ki long kiba tei iaka met ka jong ngi te ngi dei ban phikir bha ia ki jingbam kiba ngi bam.

Ki Jingpyrshang

1. Balei ngi bam jingbam? Kiei ka jingmyntoi kaba ngi ioh na kaba bam jingbam?
2. Nalor kaba kiba ngi bam man laka sngi, balei ngi don kam ia kiwei pat ki jingbam?

3. Balei ngi donkam iaki jingbam kiba ai bor shuh ne ki extra energy food? Jer kyrteng iaki.
4. Kiei ki jingbam kiba ai bor ia ngi? Jer kyrteng ia ki.
5. Kiei ki protective food? Kumno ki iarap ia ka met ka jong ngi?
6. Ki ei ki jingbam kiba tei ia ka snam, ki shyieng bad ki bniat?

Lynnong 4

Katto Katne ki jingpang kiba kham kynrei bad kumno yn iada ia ki

1. Ka suh khriat (ka ba iong khlieh)

Ka baiongkhlieh suh khriat kalong ka jingpang bala pynlong daki khñiang jingpang kiba pynlong ia u briew ban mih eitmut, jyrhoh, pang ryndang, teng teng ngi lah ruh ban sngew jingpang haki mat. Ka lah ruh ban pynhiar kpoh khamtam haki khunlung. Kane ka jingpang bunsien ka jem hi ruh khlem dadih dawai.

Ngi lah ban iada iakane ka jingpang dakaba dih shibun ka um ban iakaba dih dawai. Ngi lah ruh ban dih da ka um sohjew ne ka um soh ñiamtra. hynrei lada kane ka jingsuh khriat ka neh slem, bad jyrhoh ryngkat bad ka kyrkhah (phlegm) ne don jingpang haka shadem; ngi dei ban leit shim dawai ne pyni ha u doktor ban ioh jing sumar ne dawai.

Haba ioh iakane ka jingpang ngi dei ban thiah kham bun bad pynsyaid ia lade. Na ka bynta u jyrhoh kynruh da ka um mluh mynstep ne shuwa ban thiah. Bam ki kynja soh kum u sohñiamtra, u sohsaw namar haki, don bun ka vitamin C. U Ba ioh iakane ka jingpang udei ruh ban sumar ba haba jyrhoh ne synriah udei ban da ia laka khmut ne ka shyntur.

2. Ka Jingpang prie (vomiting)

Ka jingpang prie ka jia bun sien naka daw jong ka jingbym biang haka kpoh Kane kham bun sien kajia haki khunlung khynnah, bad wat haki rangbah ruh. Haba ioh ia kane ka jingpang ka don ruh ka jingpang haka kpoh bad don ruh ka jingshit haka met. Haba ioh kum kane ka jingpang prie ym dei ban khein sting, namar kane ka jingpang kumba la ong haneng, kalah ban dei naka kpoh kum haba pynhiar, ne mong haki snier ne don jingwit haki nier lang (gut) ne haba bam ia ki jingbam bala sah. Teng teng haba pangshit ne baionghlieh eh ruh, lah ban prie.

Haba ioh iakane ka jingpang ka um naka met u briew kalah ban duna (Dehydration), u briew u tlot, pang ka snier, kumta ngi dei ban wad jingiarap kloi kloi naki doktor. Kum hakane ka khiep ym dei ban bam ei ei hynrei dih daka sha saw, dakaba ai sying khyndiat bad ka um sohjew. Haba dih dawai ruh wat ju dih um than bad ia u dawai ba la ai daki doktor wat ju dih palat ne bunsien hynrei dih kumba la batai.

Haba u briew u ioh pang prie ne pynhiar, ka um naka met u briew ruh kamih noh haba prie ne pynhiar. Haba jia kumne ubriew u duna ka um bad ka met ka tyrkhong, bad bunsien u briew u iap haba prie ne pynhiar dei nakane ka daw, khamtam haki khunlung. Haba kalong kumne dei ban leit shaki doktor bad pan jingiarap shisyndon. Ia leh ruh ban dih daka um shet kham bunsien.

3. Ka Jingpang haba shah dait sew lamwir

Kane ka jingpang Rabies ne shah dait sew lamwir kadei naka jingshah dait ha u ksew lamwir. Hynrei ngi lah ban ioh iakatei ka jingpang haba shah dait haka miaw, u myrsiang, ne kiwei pat ki mrad. Ka lymbit (bat) ruh ka dei kawei naki mrad kaba pynphriang ia katei ka jingpang.

Haba shah dait ksew lamwir, ka don ka jingpang haka jaka ba shah dait, teng teng sngewtieng. Kumta ngi dei ban sumar noh kham kloï, ioh lehse ngilah ban ioh pang ring ne iapshiliang ne iap noh shisyndon.

Haba shah dait ha usew lamwir, ia u ksew badait dei ban teh lakumno kumno 15 sngi - namar lada u ksew uba lamwir ulah ban iap noh hapoh ka 15 sngi. Haba jia kumne dei ban sait pynkhuid noh wut wut daka um ia ka jaka bashah dait khnang ban khuid noh kato ka um biah ksew namar haka umbiah ki shong ki khñiang jingpang. Ialeh katba lah ban leit noh shaki doktor ban ioh jingsumar khamkloi bad ban ioh ia ka injek titanus ne iada naki khñiang jingpang.

Ki Jingpyshang

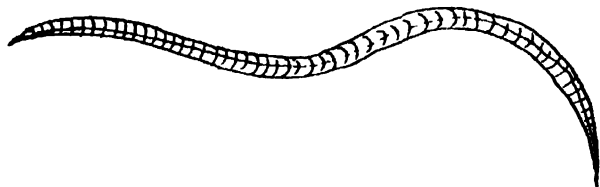
1. Kumno la pynlong ia ka jingpang ba iong khlieh? Long kumno haba ioh iakane ka jingpang?
2. Kumno ngim iada ia kane ka jingpang?

3. Balei ngi ioh pang prie? Jia aiu haba ioh iakane ka jingpang prie ?
4. Kumno yn iada nakane ka jingpang prie?
5. Kaei ka Rabies? Kumno ngi ioh iakane ka jingpang?
6. Kumno yn iada nakane ka jingpang ?

4. Kumno yn iada naka jingpang boi wieh

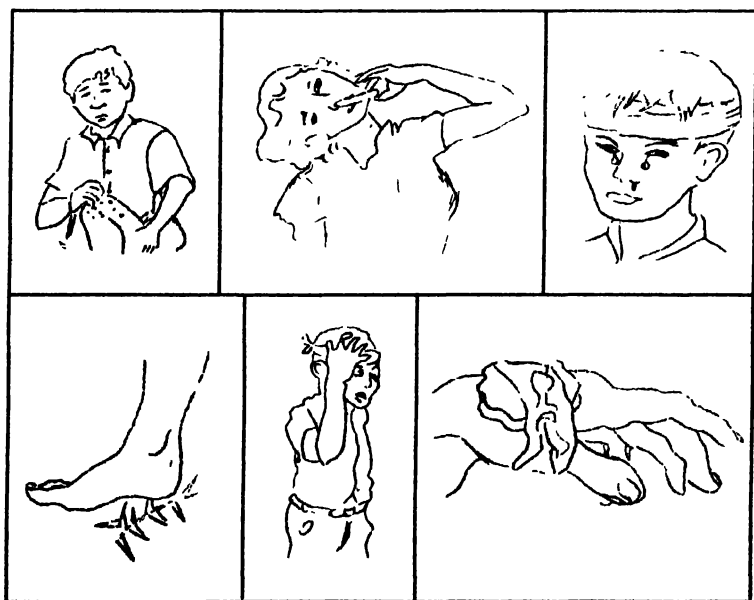
1. Ym dei ban iaid daki kjat suda khlem phong juti. Kaba iaid daki kjat suda ka pynlong ia ki pylleng wieh ban rung lyngba ki pohjat jong ngi.
2. Ym dei ban ialeh kai ha ki jaka ba long ktieh ne jaka ba jakhlia hakaba don bun ki pylleng wieh.
3. Ym dei ba dih ka um kaba khlem pat shet. Lada ngi dih ka um kaba khlem pat shet, kalah ban pynlong ia ki pylleng wieh ban rung shakpoh bad kha roi.
4. Ka jingpang boi wieh ka lah ban long ruh naki skaiñ, lada kine ki boi ne kha pylleng ne warrah ia ki khñiang jingpang naki jakhlia baki bam ne dem, haki jingbam jong ngi.
5. Ym dei ban bam ia ki jingbam ki bym pat ih bha kham tam ki jhur.
6. Iaki jingbam dei ban da tap bha bad iada naki skaiñ ne ki pui pui.

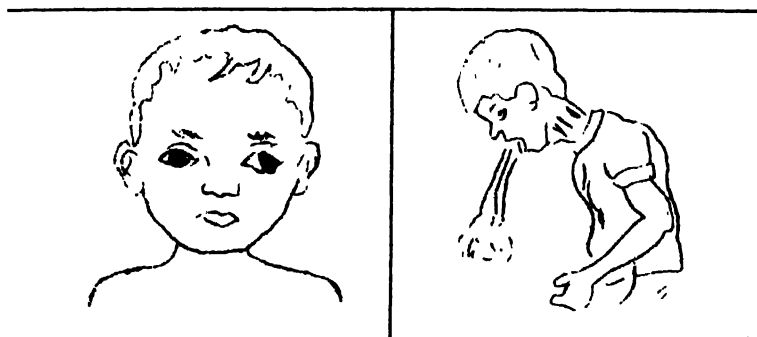
7. Dei ban sait bha ia la ki kti ki kjat hadien bala wan ialeh kai ne trei jingtrei.



Ki Jingpyrshang

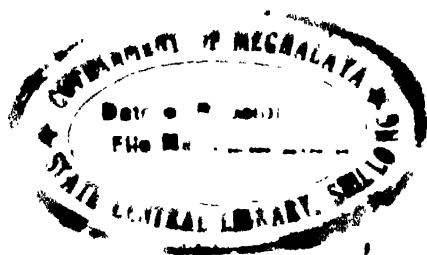
Dakaba peit ia kine ki dur harum, iathuh ki shitom kumno.





Jubab :-

1. Ba kynriang ne shala khmat 2. Ba mynsaw ka kti. 3. Baktha khlieh, 4. Ba thar u shiah. 5. Ba mih ñiangdait 6. Ba prie. 7. Ba set khmut. 8. Ba baiong khlieh



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Ki Kot Ba La Pynmih Da U B. Kharkongor

- 1. Ka Kot Social Studies Na Kabynta
Ki kyrdan I BAD II**
- 2. Ka Kot Do and learn (S.U.P.W. in Khasi) Klass I**
- 3. Ka Kot Do and learn (S.U.P.W. in Khasi) Klass II**
- 4. Ka Kot Do and learn (S.U.P.W. in Khasi) Klass III**
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- 6. Ka Kot Thoh Dak (Khasi) Klass IV**
- 7. Ka Kot Hygiene (in Khasi) Klass III & IV**

Lah ban loh ia kine ki kot na baroh ki dukan Die Kot